

Hot Stone Massage – Contraindications & Precautions

Hot stone massage uses heated stones to deeply relax muscles and increase circulation. Due to the intensity of heat, this service may not be appropriate for all clients.

Hot stone massage is not recommended or requires medical clearance for clients with:

- **Pregnancy** (especially first trimester or high-risk pregnancies)
- **High blood pressure (hypertension)** that is uncontrolled
- **Heart conditions** (including cardiovascular disease, history of heart attack, or circulatory disorders)
- **Diabetes**, particularly with:
 - Neuropathy (reduced sensation in extremities)
 - Circulatory issues or blood pressure concerns
 - Skin conditions or slow wound healing
- **Skin conditions or sensitivities**, including rashes, sunburn, open wounds, or inflammation
- **Autoimmune disorders** that may involve:
 - Neuropathy or decreased sensation
 - Increased risk of blood clots or circulatory complications
- **History of blood clots** or clotting disorders

Important Notes

- Heat may increase the risk of burns or complications for clients with reduced sensation or impaired circulation.
- Modifications or alternative massage services may be recommended to ensure safety and comfort.
- A thorough health intake is required prior to receiving hot stone therapy.